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# PelhamNEWS

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## PHILANTHROPY

# 'We make Christmas happen'

**ALLAN BENNER**  
QMI Agency Niagara

WELLAND — Bicycles, video games and toys of all kinds — enough to ensure a merry Christmas for 32 area families — were delivered to the Salvation Army Wednesday.

It's a tradition students at E.L. Crossley Secondary School have been doing for the past 26 years, said teacher Karen Chcooki, who organized the program at the school.

Each homeroom class at the school adopts a family for Christmas, and students either pitch in money, gifts or food to make sure the families in need have everything on their Christmas wish lists.

See CROSSLEY Page 2



ALLAN BENNER / QMI AGENCY NIAGARA

E.L. Crossley Secondary School students delivered Christmas gifts and food for 32 families, Wednesday, donated by all 850 students at the school. Salvation Army volunteer, from left, Gord Dugout helps students Tiana Campbell and Hayley Vanderzanden bring a load of gifts into Holy Trinity Anglican Church on Division St. to be sorted, Wednesday.

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# UPFRONT

■ **FENWICK:** Civic square part of the plan



MELISSA MANGELSEN/PELHAMNEWS STAFF

Fenwick residents came together Thursday to check out some designs that are planned for the revitalization of the community. The designs will make Fenwick look modern with a historic feel, and promote a pedestrian friendly community.

## Open house held for revitalization

MELISSA MANGELSEN  
Pelham News Staff

Strong words were thrown around at the Fenwick Revitalization Open House on Thursday at the Fenwick Fire Station.

"We're not Niagara-on-the-Lake," one resident said after seeing the before-and-after pictures of plans for Fenwick's future.

To some residents the design was too busy, took away from the town and

some went as far as saying they "hated it."

Malcolm Catto, consulting engineer with SCS Consulting said that though this isn't the final design, it is getting close.

"We want to have the design finalized by February so we're ready to tender. We expect construction will begin in May," he said.

Council budgeted funds to revitalize downtown Fenwick in 2013, but ran into delays

with the design, utilities and added work to a Church St. storm sewer.

In 2014, the town budgeted \$4 million to reconstruct the roads, bury the hydro lines and make the downtown more pedestrian friendly.

The open house was the community's last chance to view the design before it is finalized.

The project is focused on servicing the community and rebuilding the storm sewer system.

Speed has been an issue in downtown Fenwick. Proposed brick paving on the roads will create a bumpy surface that is expected to slow traffic. A civic square is also being designed around the centre of town.

The design is modern, but continues to honour the historic values of Fenwick with benches, bike racks and a more quaint feel.

Catto and his team believe the project is moving in the

right direction to make Fenwick a more enjoyable community.

Buildings will remain untouched in the process and council has directed staff to ensure as little negative impact on downtown businesses as possible.

Catto is hoping construction will wrap up in Fenwick by November 2014.

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■ **CROSSLEY**

## Students help spread the holiday cheer

FROM PAGE 1

In addition to toys for the children, Chcoski said the students teamed up with Country Corner Meat and Deli to provide food items and giftcards to allow the parents to buy groceries.

"It's worth about \$400 per classroom," she said, adding that's a total contribution of \$12,800 for the families selected by the Salvation Army.

"Every student at E.L. Crossley in some way chips in. All 850 students are involved to make this happen," she added.

"We make Christmas happen for 32 families who otherwise would struggle during this time of the year. There are lots of children and parents in need, and lots of new Canadians who have immigrated here."

The gifts, enough to fill a large Salvation Army cube van, were purchased by students and teachers from each classroom who spent hours shopping to fill the Christmas wish lists for the families.

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# LOCAL NEWS

■ **LOCAL:** Adamson's support local fund

## Pelham Community Fund gets boost

MELISSA MANGELSEN  
Pelham News Staff

There is a sense of pride when a gift you gives can enhance the community you live in.

Frank and Judy Adamson recently gave a gift to the Pelham Community Fund.

Liz Palmieri, executive director of the Niagara Community Foundation, said that the amount donated wasn't made public, but it will go into the Pelham Community Fund, which has a five year commitment to grow and determine what projects they will take on.

Frank Adamson has been a supporter of the Niagara Community Foundation since its launch in 2000 and attended some presentations over the year about the Pelham Community Fund.

He said the reason for the gift was because he continually finds himself impressed with the work of the foundation over the last 13 years and the potential of a local fund serving his hometown of Pelham.

Frank and his wife Judy made the commitment to create the Adamson Family Fund within the Pelham Community Fund. The earnings on the fund will be pooled with other local funds to support projects benefiting charities that provide programs and services to the Town of Pelham.

"As a former member of the



Judy and Frank Adamson recently gave a gift to the Pelham Community Fund.

grants allocation committee I think that the Niagara Community Foundation is committed to honouring the requests of its donors and strives to ensure that grants are only awarded after diligent scrutiny by the board. It just feels good to give a tangible gift to our community, knowing that our gift will keep giving long after we are gone," said Frank

Adamson.

"We are so pleased that Frank and Judy have joined with others to create this legacy to our community," said Palmieri.

The recent announcement of the grant of \$5,000 to the Pelham Library is a tangible example of an initiative supported by the Pelham Community Fund," said Mel Groom, past-chair of

the board of the Niagara Community Foundation.

Since the 2012 launch of the Pelham Community Fund, volunteers have been involved in speaking to the community about the long-term impact that the Fund will have in Pelham.

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■ **ANIMALS:** Cat taken from humane society

## Cat snatching ends happily

ROB HOULE  
QMI Agency Niagara

The cat came back, but it wasn't the next day.

And it had a police escort. A 52-year-old St. Catharines woman is facing a charge of theft under \$5,000 after allegedly applying a five-finger discount to a kitten at the Lincoln County Humane Society.

Unknown to the woman, the lifting of the male kitten was captured by surveillance cameras.

Humane society executive director Kevin Strooband said staff noticed on the morning of Dec. 10 one of three kittens kept in the same cage was missing. Staff scoured the shelter looking for the eight-week-old fluff bunny.

"We checked around the shelter, but we couldn't find it anywhere," he said.

While staff continued to search the shelter, Strooband reviewed surveillance footage and came to a point where there were two cat socializers handling two of the three kittens. He put in a call to them to see if there were only two kittens at that time, giving him a reference point to which to review surveillance.

"Finally on the 13th, I found a lady who was at the front desk for awhile," Strooband said.

He said "she walked into the cat room, came back out, went back in again, picked up the cat, played with it, put it back in the cage, came back to the front desk, then went back into

the cat room. You could see her take the cat out, then it disappears."

The shelter also captured the woman on a camera outside the Fourth Ave. building.

"Then she walks out of the shelter, we can see her on camera go to her car, presumably put the kitten into her car, comes back into the shelter and takes advantage of our food-assistance program for people who need help feeding their pets."

The shelter offers pet owners who need that service free food once every three months. To get the pet food, the individual is required to register, which includes providing a name and address.

Armed with a description of a woman and a licence plate number from the surveillance footage, Niagara Regional Police spokesman Const. Derek Watson said officers went to a St. Catharines home where they recovered the kitten and charged an unidentified woman with theft under \$5,000.

She was released at the scene and will appear in court Jan. 31. The kitten was returned unharmed to the Lincoln County Humane Society.

The kitten had been adopted when it was stolen, but was still at the shelter awaiting neutering.

The purchase price of cats at the humane society was dropped to \$25 from \$99 in November.

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# PelhamNEWS

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## Infrastructure a positive for Fenwick

People don't like change.

I've spent a lot of years sitting in on various meetings regarding revitalization of communities and major developments.

What I've seen over this span is people's unwillingness to accept change and embrace the upgrades.

The downtown Fenwick revitalization project is a good example of how hard it is for people to accept change.

The village currently has cracked streets, a failing storm sewer system and uneven sidewalks. It is in need of some major upgrades. I attended an open house on Thursday evening where people from the community gathered to look at the 'almost final' plans for Fenwick. Though there was some good comments, it was hard to ignore the comments of it being "too busy" or "intimidating".

The revitalization is beautifying an area that has a real opportunity to shine. It's a quaint, quiet, friendly community, that has a lot to offer. It's historic and it is a community people take pride in. After several visits to Fenwick it's not hard to understand why people have pride in the community.

Infrastructure is important. Without it communities fall apart, get worn down and eventually it causes people to steer away from small communities.

By creating a downtown that is aesthetically pleasing it draws people in. People love to enjoy unique communities.

What I like about the revitalization is the plan to install the brick roads – like a cobblestone. I've been to communities that have the cobblestone roads and it is a great addition to the feel of an "old town".

Making it a more walkable community, with benches and plantations is also a great addition.

The revitalization is a \$4 million investment from Pelham, which shows the confidence that the town has in Fenwick.

Change is hard, yes. But sometimes it's necessary to keep a community viable and appealing to new residents and business.

I'm looking forward to seeing how this moves forward and the finished product. I see this as a huge positive for Fenwick.

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# COMMENT

## Support wine industry, but mind the costs

At first blush, it doesn't seem like Earth-shattering news — Ontarians will soon be able to buy VQA wine at farmers' markets in the province alongside fruit wines.

Allowing citizens to buy wine at a farmers' market is what they call a no-brainer. It means greater market access for Niagara wines, which are part of an industry that already generates some \$3 billion in Ontario annually.

It also probably means more business for other vendors at the markets — all of which means more economic activity at the local level.

So the move, announced by the provincial Liberals Monday as part of a \$75-million wine strategy, is a good thing. Local wines already face enough barriers to getting into stores in Ontario, so anything that can improve market access is worth praising.

Exactly how the sale of wine at farmers' markets will be handled is scheduled to be worked out in the new year, but it's hard to see the downside of

the idea.

Beyond the economic spin off, it also helps further dismantle the nanny-state purpose of the LCBO.

There is something insanely patronizing about the very existence of the LCBO, a government-run booze store that all but controls alcohol sales in Ontario.

Older readers will remember a time when adults could not go into a store and pick a bottle from the shelf. You had to hand a ticket to a government employee, who then went to the back room where the booze was hidden, to get it for you.

Having bottles of wine and beer left in plain sight was regarded by government bureaucrats as too much for our sensitive constitutions. Things have changed in that regard fortunately, but the LCBO still maintains a virtual monopoly on alcohol sales in Ontario.

By all means, tax alcohol. Regulate it. But limiting sales to a government-run store is just going too far. We are all grown up. We can manage it all on our

own.

By allowing wine to be sold at farmers' markets, in whatever form those sales will take, Queen's Park is not just creating the circumstances for improved economic activity, but is saying we don't really need the LCBO.

It is that spirit, however, that our praise of the wine strategy is somewhat cautious.

The plan creates a new level of bureaucracy in the office of a Wine Secretariat, which will purportedly make the industry more competitive. And all this building up of the industry isn't coming cheap. It costs \$75 million of taxpayer money at a time in which there isn't enough money for hospitals and schools. You can easily think of several industries that employ more Canadians than the wine sector but don't receive that kind of taxpayer help.

Queen's Park has the right intentions, but it might be costing us too much.

—Grant LaFleche

## Market rallies in November

CATHY BERTHOUD-SOSSE

Home sales surged in November as our local market heads its way into the 2013 home stretch. Total unit sales in November jumped ahead of last year's level and year to date sales have climbed 3.5% above 2012 results.

According to the MLS's sales reports of the Niagara Association of REALTORS® there were 15 homes sold in Pelham during the month of November – 25% more than the total of 12 reported during the same month last year and significantly ahead of the November 5-year average of 9.6 units for the month.

However, it was a different story in our neighbouring City of Welland with unit sales for the month dipping 8% below last year's results. In total, there were

45 sales in Welland during the month of November this year compared to 49 last year.

Year-to-date sales in the Rose City now lag 7.6% below the 2012 activity level with 657 transactions reported as of November 2013 down from the total of 711 at this time last year.

Across all municipalities of Niagara the total number of residential transactions reported in November was 574 compared to last year's figure of 597 units – representing a decline of 3.9%.

On a year-to-date basis, sales in Niagara are lagging just 0.4% below last year's level with 5935 sales so far this year versus 5958 as of the same time period last year.

The 12-month average price in Pelham now stands at \$347,986 – up a staggering 8.5% from the figure of \$320,595 recorded in November 2012.

Given the small sampling size upon which this average is calculated one must be cautious about putting too much credence on this result. There has been an increase in activity in the upper price ranges in Pelham and it just takes three or four high-end sales to skew the average home price.

While the Pelham average price continues to rise at a dizzying pace, the 12 Month average price in Welland increased by a mere 0.6% (from \$186,062 to \$187,187) while the figure for all of Niagara grew by a more modest 3.4% climbing from \$241,049 in November 2012 to \$249,173 this year.

Cathy Berthoud-Sosse, H.B.A. is a real estate broker at ReMax Welland Realty Ltd. living in Pelham.  
You may read past columns at <http://www.NiagaraRealtySourceReport.com>

■ ENVIRONMENT: Fee drops to \$30

# Shops won't take hit on Drive Clean price cut

JEFF BOLCHOWSKI  
QMI Agency Niagara

ST. CATHARINES — Niagara mechanics will dodge a kick in the pocketbook when the province drops the cost of testing cars for emissions.

"They have told us it will not affect our facility or how much we're making," said Kimberlee Rees, manager of Emission Test Only in St. Catharines, of the Ontario government's move to reduce the cost of Drive Clean emissions tests to \$30 from \$35.

"If they're dropping five dollars, they're dropping five dollars on their end."

Shops providing the tests — which the Ontario Progressive Conservatives say should be slashed altogether — will probably get slightly more back from the program now, said Environment Minister Jim Bradley.

He said the province will pick up the tab for dropping the fee.

"It came right out of the government's administration costs," he said.

The program is intended to be revenue-neutral, Bradley said the province isn't allowed to use Drive Clean tests as a revenue generator, but it did run a surplus in 2012 after years of deficits.

"That's the goal, for it to be even," he said. "It doesn't make any money, it doesn't lose any money."

But Kitchen-Conesoga MPP



JULIE JOCSAN/QMI AGENCY NIAGARA

Kimberlee Rees, left, manager, and Tara Bundy, inspector of Emissions Test Only perform an emissions test on a car.

Michael Harris, the Tories' environment critic, ripped the program as uneeded and called for it to be cancelled.

"Clean cars and fuel have rendered Drive Clean redundant, so reducing fees by five dollars just isn't going to cut it," he said.

"This is no longer about the environment. This is about the money."

"Bradley dismissed the suggestion. "That's consistent with virtually every environmental program — the Conservatives either want to cut the program or eliminate it," he said.

He said about 20% of Ontario's smog comes from vehicle emissions. The tests, he said, can cut that figure

by one-third.

Both Rees and Bart Kilmowicz, service manager at Hill-Boles Automotive in Welland, said shops don't make much money on emissions tests. Kilmowicz figured his shop keeps \$22 to \$23 of the \$35 fee.

He said Drive Clean is worth keeping.

"It's a very good program, to be honest with you," he said.

His shop, he said, was one of the earliest to provide emissions testing, and has seen failure rates drop drastically since the program's inception.

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## ■ CRIME

## Tobacco smuggling ring busted

ALISON LANGLEY  
QMI Agency Niagara

NIAGARA FALLS — Police and border officials have dismantled what they are calling a major tobacco smuggling network with ties to Niagara.

The Hamilton/Niagara RCMP and Canada Border Services Agency announced this week that a number of people have been arrested in connection with a large contraband tobacco smuggling and trafficking operation allegedly responsible for bringing more than 75 tonnes of water pipe tobacco into Canada since 2010.

"Contraband tobacco is a threat to the security and health of Canadian citizens," said Rick Comerford, CBDA spokesman.

"People need to be aware that if they purchase contraband tobacco, they are funding criminal activity."

A joint investigation was launched in 2011 after 1,440 kilograms of tobacco was seized at the Peace Bridge in Fort Erie in July 2001 followed in October by a seizure of another 1,440 kilograms of tobacco at the Queenston-Lewiston Bridge.

As the investigation progressed, police

said, a larger smuggling organization was uncovered.

Police said the volume of smuggled tobacco would have resulted in millions of dollars in unpaid duties and taxes, and huge profits for organized crime.

"The CBSA and the RCMP work side by side within a number of other joint force operations targeting contraband," said RCMP Insp. Steve Martin.

"As a result, we have a common understanding of the capabilities, intentions, vulnerabilities and limitations of organized criminal networks and we apply that intelligence to disrupt them and their supply chains."

Nine people, including four residents of Hamilton and one from Calgary, face numerous charges.



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Garbage, recycling and Green Bin collection will be deferred by one day in the week following Christmas Day and New Year's Day.

#### HOLIDAY GARBAGE EXEMPTIONS

In the week following Christmas (Dec. 26, 27, 28, 30, 31), residents may place double their regular weekly garbage limit to the curb on their collection day.

#### CHRISTMAS TREE COLLECTION

- Saturday, Jan. 11, 2014 ONLY
- Christmas trees must be at the curb by 7 a.m.
- Remove all ornaments and decorations
- Christmas trees wrapped in plastic or buried in snow will not be collected. No artificial trees.

Regular Waste Collection Day	Changed to:
Monday (Dec. 23)	No change
Tuesday (Dec. 24)	No change
Wednesday (Dec. 25)	Thursday (Dec. 26)
Thursday (Dec. 26)	Friday (Dec. 27)
Friday (Dec. 27)	Saturday (Dec. 28)
Monday (Dec. 30)	No Change
Tuesday (Dec. 31)	No Change
Wednesday (Jan. 1)	Thursday (Jan. 2)
Thursday (Jan. 2)	Friday (Jan. 3)
Friday (Jan. 3)	Saturday (Jan. 4)

Niagara Region

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#### RECREATION PROGRAMS & CLASSES

##### Zumba Fitness @ Pelham Arena

Tuesday Dec 31  
Thursday Jan 2

NO CLASS TONIGHT  
NO CLASS TONIGHT

##### Zumba Gold @ Pelham Arena

Tuesday Dec 31

NO CLASS TODAY

Drop in and try any session for \$6 or purchase your 10 + 2 bonus passes for \$60.

##### Zumba Kids & Zumba Kids Jr. @ Pelham Arena

Turn up the music, wiggle, shake and have a blast with your friends in these rockin', high-energy fitness parties packed with specially choreographed kid-friendly routines.

Tuesday Dec 31 NO CLASSES TONIGHT

Thursday Jan 2

NO CLASSES TONIGHT

Drop in and try any session for \$4.50 or purchase your 10 + 2 bonus passes for \$40 at Pelham Town Hall. For more information on any of the Zumba classes, please contact (905) 892-2607, ext. 329.

Please note Zumba & Zumba Kids classes will resume January 7, 2014.

##### Walking Club - Everyone is welcome! - Dec 31 and Jan 2

Interested in walking in Pelham? Interested in joining a Walking Club? Then join us! Tuesdays at Pelham Arena from 9-10 am and Thursdays at Fonthill Bandshell from 9-10:30 am. For more information, please contact (905) 892-2607 ext. 329.

#### Arena Programs

Public Skating	Adult Public Skating	Adult/Preschool	Men's Shinny Hockey	Women's Shinny Hockey	Women's Learn to Play Hockey
Friday Dec 27 CANCELLED Sunday Dec 29 CANCELLED Monday Dec 30 Tim Hortons Free Skate 1:00 pm - 2:00 pm Thursday Jan 2 Tim Hortons Free Skate 1:00 pm - 2:00 pm	Thursday Jan 2 1:00 - 2:00 pm	Friday Dec 27 CANCELLED Friday Jan 3 10:00 - 11 am	Friday Dec 27 CANCELLED Tuesday Dec 31 8:00 - 9:00 am Friday Jan 3 9:00 - 10:00 am	No Women's Shinny this week	No Women's Learn to Play this week

Please note the Arena will close at 12:00 noon on December 31<sup>st</sup> and remain closed January 1<sup>st</sup>.

"Get Active for Life" Join us at a park near you! Participation is at no charge, but we do require a registration form be submitted.

	Monday	Tuesday	Wednesday	Thursday	Friday
10:00 - 11:00 am	Peace Park (Nordic Walking)	Woodstream Park (Walking)	Peace Park (Walking)	Woodstream Park (Walking)	Cherry Ridge Park (Walking)
5:00 - 7:00 pm	Cherry Ridge Park (Walking)	Peace Park (Walking)	Pelham Arena (Walking)	Woodstream Park (Walking)	

Please note there will be no sessions on Tuesday, December 31, 2013 and Wednesday, January 2, 2014.

For more information, please visit pelham.ca or contact jcook@pelham.ca or call 905-892-2607 ext. 329.

#### COMMUNITY EVENTS & NEWS

Please note Town Hall will close at 12:00 noon on December 31<sup>st</sup> and remain closed January 1<sup>st</sup>, 2014.

The Mayor's Gala Committee is seeking applications from local organizations serving Pelham that are interested in receiving a donation from the funds generated by the Annual Mayor's Gala. Visit [www.pelham.ca](http://www.pelham.ca) for more information.

#### CHRISTMAS IN PELHAM! November 6, 2013 - January 5, 2014 Check out these great events around town!



December 30 (1:00pm to 2:00pm): Tim Horton's Holiday Free Skate - Pelham Arena, Fonthill

January 2 (1:00pm to 2:00pm): Tim Horton's Holiday Free Skate - Pelham Arena, Fonthill

January 3 (1:00pm to 2:20pm & 8:00pm to 9:30pm): Tim Horton's Holiday Free Skate - Pelham Arena

January 5 (1:00pm to 2:20pm): Tim Horton's Holiday Free Skate - Pelham Arena, Fonthill





Don Fraser

# Bizzline

A weekly look  
at local business news

## Survey points to manufacturing growth

A new Niagara business survey is forging a positive outlook about the manufacturing sector. It suggests what remains of the industry seems to be

reversing a perceived long-time decline.

The survey, conducted by Ipsos Reid for Niagara Region's economic development department, indicates close to 75% of

200 respondents said they expect to expand over the next three years.

The upbeat sentiment is shared by Mike Whitting, general manager of Niagara Precision, a St. Catharines

machine and tooling shop.

"It's been a long, hard climb, but many of us small shops, the small-to-medium enterprises, are finding our niche and doing quite well," Whitting

said.

"There seems to be some optimism out there, and the dollar (going) down doesn't hurt either."

Niagara Industrial Association chair Christina

Milan said the survey results support what others are reporting in the local manufacturing sector.

See NIAGARA Page 9



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## ■ NIAGARA

## Positive outlook for manufacturing sector

from page 8

The survey also shows 68% expect to see improved profitability and future investments in machinery and equipment. Nearly 60% expected to introduce new items, products and services over the next two years, with a similar number indicating developing new markets as an important issue for them.

A smaller 39%, however, expect to increase the number of people they employ over the next two years. That said, only 5% project employment to fall and roughly half expect it to stay stable.

Milan said the sharp downturn that began in 2008's global recession actually served to strengthen the sector.

"It made our manufacturers more efficient, so the stronger ones stayed and diversified," she said. She added the industry is also better at collaborating to bring in more business for all, and the firms are much better at aggressively expanding markets outside Ontario.

"Over the last 15 years, there has been a real decline in the number of manufacturers and manufacturing jobs," conceded Diane Simosovic, Niagara Region's director of economic development. That trend is happening not only in Niagara but across Ontario and other North American industry hubs.

The director said she has seen statistics pointing to a local manufacturing decline, but the industry's frontline workers tell a different story.

"When we talked to manufacturers ... all the indications were they were doing fairly well," she said. "They had weathered a really rough period, but we heard a number of them were looking for workers or had plans for expansion."

Simosovic said it's also true much growth comes from smaller businesses in the sector, who might slowly add jobs over a longer period.

While big layoffs and closures are well-publicized, this incremental growth for other manufacturers can slip under the radar.

Meanwhile, the businesses that are succeeding are "innovative, competitive in their markets and had the foresight to go out and look for new clients outside their traditional clients," the director said.

The survey was developed through a partnership composed of Niagara College, the Niagara Industrial Association, the Corridor partnership and Niagara's economic development department. It was funded by a contribution from the Federal Economic Development Agency for southern Ontario and took place last summer.

For a full report, visit the Ipsos



JULIE JOCSAN / QM AGENCY NIAGARA

Mike Whitting, general manager at Niagara Precision, at his plant.

website at [www.ipsos-na.com/](http://www.ipsos-na.com/)

### News for dogs

Happydog Retreat in Fenwick is a newly opened dog boarding retreat, situated on what's described as a five-acre park-like farm.

Services offered include boarding, day-care and grooming, with dogs supervised

around the clock.

It is located at 259 Farr St. in Fenwick. For more information, visit [www.happydogretreat.com](http://www.happydogretreat.com)

The Standard's Bizline column normally appears weekly. Send your north Niagara business story/ information to: [don.fraser@summedia.ca](mailto:don.fraser@summedia.ca), or call 905-684-7251, ext. 1161.

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## DECEMBER 31

### NEW YEAR'S EVE

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### NEW YEAR'S EVE

celebration at the Hungarian Hall, 361 Hellems Ave., Welland. Appetizers, dinner, dance and midnight snacks. Dinner: roast

beef, cabbage rolls, breaded chicken, potatoes, vegetables, salad, coffee/tea and dessert. Music by D.J. - Ignite Entertainment Tickets \$45 a person. For tickets call Anna at 905-735-0959, Eva at 905-734-3593 or Tiber at 905-735-6447.

## JANUARY 3

### SECOND CAREER

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■ **HEALTH CARE:** Many parents choosing midwives to help with delivery

# Hospital options limited for expectant moms

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ALLAN BENNER  
QNA Agency Niagara

WELLAND — Niagara Falls resident Brenda Cottage used the help of a midwife when she became pregnant with her daughter Julia Grace.

Although an obstetrician was there for her throughout her first pregnancy a few years ago, she wanted to try something different. She researched midwives to learn as much about the health-care professionals as she could, and then visited Mylene Shields from Welland-based Sages-femmes Renaissance Midwifery.

There's no doubt that obstetricians offer a vast amount of medical knowledge and expertise, but Cottage said the midwives provide a personal touch that she found comforting.

"They're much more in depth to what your feelings are," she explained.

About a month ago, Cottage gave birth to Julia Grace at the new St. Catharines hospital with medical specialists nearby if needed, but having the midwife there taking care of her made it "a much better experience," she

said.

Considering the service that midwives provide, Cottage said they aren't as widely used as they should be — at least not in Niagara.

That's something Dr. Karl Stobbe hopes to change. Stobbe, regional assistant dean from the Michael G. DeGroote School of Medicine, is working with a team of physicians and medical specialists, including midwives, to provide a new service for Niagara women.

"I'm trying to work on a number of different aspects of primary care and the interaction between different kinds of health care providers," Stobbe said in an interview, Wednesday.

"We need to look at the whole health care system a bit differently," in addition to midwives and obstetricians, he said family physicians have a role to play, too. Although few family physicians deliver babies in Niagara, he said it's still a common practice in other parts of the country.

See BIRTH, Page 15

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## LIAM, OLIVIA STILL MOST POPULAR NAMES

Liam and Olivia remain the king and queen of baby names in Ontario.

ServiceOntario announced Thursday the names topped the popularity list respectively for boys and girls in the province for the second year in a row.

Olivia has been the favourite name for girls since 2008, followed by the same second, third and fourth place names from last year — Emma, Sophia and Ava. Emily has joined the ranks to round out

the top five.

For boys, Ethan, Jacob and Lucas once again took spots two through four, with Benjamin coming in at five.

Ontario gives parents up to one year to register their newborn's birth online.

"Parents can register their newly named babies online from the comfort of their own homes," said Minister of Government Service John Milloy in a press release.



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Asthma and Chronic Obstructive Pulmonary Disease are two conditions which don't get much attention in the media, however they affect millions of people.

For asthma sufferers, education about their disease is paramount. Many patients falsely believe their asthma is under control. It patients need to use their rescue inhaler more than three times a week, or have night time awakenings with shortness of breath or cough, their symptoms are not under control. Treatment for this may involve an increase in dose of their steroid inhaler. Some patients are concerned about increasing their steroid dose. There is little systemic absorption from steroid inhalers, the main side effect is thrush from deposit of the steroid in the mouth. Steroid inhalers should be used regularly as opposed to as needed for better control of the disease.

Although AeroChambers are not covered by insurance they are worth the cost (about \$45.00). It is difficult to coordinate the action of inhaling and spraying the metered dose inhaler. Children and the elderly can especially benefit from the use of an AeroChamber. Please come in to the pharmacy if you are an asthma sufferer for an explanation on how to use them.

Peak Flow meters are another device that asthma sufferers might benefit from. This is a device which helps to gauge if a patient's asthma is under control.

COPD is typically a disease that affects patients who have smoked or been exposed to second hand smoke. COPD encompasses emphysema and chronic bronchitis. There is no curing of this disease but patients can slow the worsening of their symptoms.

The most important first step is to quit smoking. There is a new medication on the market called Champix which is having much success, please come in and talk to a pharmacist if you are interested in learning about this medication.

COPD symptoms can also be controlled by proper use of inhalers. Typically patients with COPD will be on three different inhalers. The first is usually Ventolin to help with shortness of breath and coughing. The second will be a combination inhaler that contains a steroid and an ingredient to keep the airways open. The third inhaler is usually Spiriva. This inhaler if used regularly helps to slow the progression of the disease. Although patients may not realize much benefit from the combination inhaler and Spiriva, they should use them consistently and on a regular basis. Doing so will help to reduce flare ups and worsening of the disease.

COPD patients should continue as much exercise as they are able to tolerate, and to ask their doctor for a prescription for prophylactic antibiotics and steroids. Often antibiotics can develop a chest infection while their disease is away or over the weekend. If they can start the antibiotics as soon as possible it may help prevent hospitalizations.

Pharmacists can provide a great deal of education and advice for patients with COPD and asthma. Please come in and talk to us if you have any questions about asthma or COPD.

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# CANADA'S BOXING WEEK BLOWOUT!

Save From December 26th, 2013 to January 3rd, 2014 \*Sorry no Rainchecks, Quantities May Vary By Store, Shop Early For Greatest Selection\*

<b>LIVESTRONG® LS8T Treadmill</b>  <b>SAVE 65%</b> <b>SALE \$629<sup>99</sup></b> #84-0509 Reg \$1,799.99	<b>LIVESTRONG® LS10T Treadmill</b>  <b>SAVE 65%</b> <b>SALE \$734<sup>99</sup></b> #84-0510 Reg \$2,099.99	<b>LIVESTRONG® LS13T Treadmill</b>  <b>SAVE 65%</b> <b>SALE \$874<sup>99</sup></b> #4-0511 Reg \$2,499.99	<b>LIVESTRONG® LSPro2 Treadmill</b>  <b>SAVE 65%</b> <b>SALE \$1,399<sup>99</sup></b> #84-0512 Reg \$3,999.99				
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<b>Bladez Fitness K250 Recumbent Exercise Bike</b>  <b>SAVE 50%</b> <b>SALE \$399<sup>99</sup></b> #84-0581 Reg \$799.99	<b>Bladez Fitness Fusion GS 1C Exercise Bike</b>  <b>SAVE 50%</b> <b>SALE \$349<sup>99</sup></b> #84-0588 Reg \$699.99	<b>LIVESTRONG® LS5.91C Exercise Bike</b>  <b>SAVE 65%</b> <b>SALE \$489<sup>99</sup></b> #84-0592 Reg \$1,399.99	<b>LIVESTRONG® LS5.0U Upright Exercise Bike</b>  <b>SAVE 65%</b> <b>SALE \$489<sup>99</sup></b> #84-0583 Reg \$1,399.99	<b>LIVESTRONG® LS15.0E Elliptical Trainer</b>  <b>SAVE 65%</b> <b>SALE \$1,084<sup>99</sup></b> #84-0588 Reg \$3,099.99			
<b>LIVESTRONG® LS13.0E Elliptical Trainer</b>  <b>SAVE 65%</b> <b>SALE \$944<sup>99</sup></b> #84-0590 Reg \$2,699.99	<b>LIVESTRONG® LS10E Elliptical</b>  <b>SAVE 65%</b> <b>SALE \$839<sup>99</sup></b> #84-0600 Reg \$2,399.99	<b>LIVESTRONG® LS8E Elliptical</b>  <b>SAVE 65%</b> <b>SALE \$699<sup>99</sup></b> #84-0601 Reg \$1,999.99	<b>Bladez ESS0 Elliptical Trainer</b>  <b>SAVE 50%</b> <b>SALE \$699<sup>99</sup></b> #84-0580 Reg 1,399.99	<b>Horizon CS4.3 Elliptical Trainer</b>  <b>SAVE 65%</b> <b>SALE \$599<sup>99</sup></b> #84-0561 Reg 1,499.99			
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# SAVE UP TO 62% BOXING WEEK SALE!

<b>3 Drawer Storage Tower, 26 in.</b>  <b>SAVE 50%</b> <b>SALE \$9<sup>99</sup></b> #142-3012 Reg \$19.99	<b>Gracious Living Storage Tower, 5-drawer</b>  <b>SAVE 55%</b> <b>SALE \$17<sup>99</sup></b> #142-3011 Reg \$39.99	<b>5-Drawer Deep Tower, White</b>  <b>SAVE 50%</b> <b>SALE \$17<sup>99</sup></b> #142-3114 Reg \$39.99	<b>Blue Planet 3-Drawer Tower</b>  <b>SAVE 56%</b> <b>SALE \$9<sup>99</sup></b> #142-2031 Reg \$22.99	<b>Gracious Living 8-Drawer White Tower</b>  <b>SAVE 50%</b> <b>SALE \$21<sup>99</sup></b> #142-2057 Reg \$43.99
<b>Bella Clear Tote, 5.7 L</b>  <b>SAVE 50%</b> <b>SALE \$1<sup>49</sup></b> #142-7042 Reg \$2.99	<b>Bella Clear Tote, 13.2 L</b>  <b>SAVE 50%</b> <b>SALE \$3<sup>99</sup></b> #142-7043 Reg \$7.99	<b>Bella Clear Tote, 51.1 L</b>  <b>SAVE 50%</b> <b>SALE \$6<sup>99</sup></b> #142-7045 Reg \$13.99	<b>Bella Clear Tote, 39.7 L</b>  <b>SAVE 50%</b> <b>SALE \$6<sup>49</sup></b> #142-7046 Reg \$12.99	<b>Bella Clear Tote, 86.1 L</b>  <b>SAVE 50%</b> <b>SALE \$7<sup>49</sup></b> #142-7047 Reg \$14.99
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<b>Nesting Tote, 68 L</b>  <b>SAVE 36%</b> <b>SALE \$4<sup>99</sup></b> #142-4602 Reg \$7.89	<b>Scepter Nesting Tote, 58L</b>  <b>SAVE 36%</b> <b>SALE \$4<sup>69</sup></b> #142-4603 Reg \$9.99	<b>Fliptop Clear Tote, 45L</b>  <b>SAVE 37%</b> <b>SALE \$4<sup>99</sup></b> #142-1098 Reg \$7.99	<b>Gracious Living Clear tote with Wheels, 80L</b>  <b>SAVE 62%</b> <b>SALE \$5<sup>99</sup></b> #142-1262 Reg \$15.99	<b>Blue Planet Tote with Wheels, 80L</b>  <b>SAVE 60%</b> <b>SALE \$5<sup>88</sup></b> #142-2030 Reg \$14.99

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